

ABSTRACT

An optical disk recording method wherein a beam is irradiated on an optical disk so that  
5 recording or write once of information is carried out, the optical disk recording method includes the step of controlling a recording velocity at the time of starting the write once, when the write once of information is carried out on the optical disk where  
10 the write once or rewriting can be carried out, the optical disk having a part where information is already recorded.